



# DO YOU HAVE WHAT IT TAKES TO BE A SEAL

Subject: Physical Education | Current: 2009 | Grade: 9-12

Day: # of 4

## 1 Purpose

To discuss the physical and mental expectations required to become a Navy SEAL.

**NOTE:** The instructor should understand upfront that only males can be SEALs.

## 2 Duration of Lesson

50 minutes

## 3 Additional Topics

Nutrition and Career opportunities

## 4 Objectives

At the conclusion of this lesson, students will be able to:

- Describe the various category missions required for Navy SEALs.
- Explain the Navy SEAL training regiment.
- Identify the Navy SEAL requirements.
- Perform the physical screening test required for admittance into the Navy SEALs.



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## 5 Standards & Benchmarks ----- PHYSICAL EDUCATION

### PHYSICAL EDUCATION

Analyze and evaluate information about motor skills and patterns that lead to improved physical performance. **PE.9.2.2**

Participate in physical activities that contribute to the improvement of specific health-related physical fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition). **PE.9.3.3**

Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness. **PE.9.4.1**

### HEALTH & WELLNESS

Explain the interrelationships of emotional, social and physical health. **HW.1.2**

## 6 Vocabulary -----

- **SEAL** -- Acronym standing for Sea, Air, and Land, the elements in which Navy SEALs operate.
- **Unconventional Warfare** – Using small, mobile combat groups that operate using “unorthodox” battle methods (also known as guerilla)
- **Foreign Internal Defense** – Training given to foreign nations in order to build relationships with those nations
- **Direct Action** – Moving against an enemy target
- **Counterterrorism** – Includes direct action against terrorist operations, antiterrorist actions for prevent terrorist acts against citizens and troops
- **Special Reconnaissance** – Includes conducting preliminary surveys to gather information through surveillance.
- **Hooyah!** – The war cry of the Navy SEALs generally meaning “yes,” “understood,” and “I’m not letting this training session get the best of me.”
- **Armed Services Vocational Aptitude Battery (ASVAB)** – A comprehensive career exploration and planning program that includes a multiple aptitude test battery, an interest inventory, and various career planning tools designed to help student explore the world of work.
- **Basic Underwater Demolition/SEAL (BUD/S)** – The different phases of training categories



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- **Indoctrination** – Training session focusing on the expectations and ways of the Navy SEALs
- **Basic Conditioning** – Training session focusing on the trainee's physical stamina of timed events such as running, swimming, calisthenics, and learning small-boat operations
- **Drown-proofing** – Training exercise in which trainees must learn to swim with both their hands and feet bound.
- **Surf torture** – Training exercise in which trainees must perform calisthenics down the beach in their wet clothes and boots and return back into the surf (also known as cold water conditioning)
- **SCUBA** – Training session in which trainee's work is done underwater (SCUBA – self-contained underwater breathing apparatus)
- **Land-warfare** – Training session involving intelligence gathering and structured penetration, as well as long-range sniper attacks.

## 7 Materials

----- The following materials are used for this lesson:

- Navy SEAL Training Video  
<http://www.youtube.com/watch?v=PjHsONJbE24>

## 8 Additional Resources

----- This lesson used the following additional resources:

- Navy SEAL Lecture Notes
- U.S. Navy website  
<http://www.sealchallenge.navy.mil/seal/>
- Performance Journal
- Navy SEAL Training Rubric



## 9 Procedures & Methods

### DO YOU HAVE WHAT IT TAKES TO BE A SEAL

#### A. Introduction

The Navy SEALs are known as the “best of the best” in terms of members of the Navy. The SEALs are an elite group of physically and mentally strong men who possess the single main trait to succeed in the rigorous training session in becoming a Navy SEAL, which is “fire in the gut.” SEALs instructors simply say “you have it or you don’t.” So the question for this lesson is, “Do you have what it takes to be a Navy SEAL?”

SEAL is an acronym standing for Sea, Air, and Land – the different elements in which Navy SEALs must be prepared to perform missions. The Navy SEALs were created in the 1960s during the Vietnam War to go behind enemy lines and raid enemy camps, sabotage supplies and communications, and destroy the enemy’s stored ammunitions. The Navy SEALs evolved from the Underwater Demolition Teams, a team of men who were trained to carry heavy loads of explosives while swimming and running, created after the bombing of Pearl Harbor in 1941,. After the Vietnam War ended, the success of the SEALs proved their value and has become a significant aspect of the military today.

#### B. Development

After the introduction, students will watch a short video clip on the Navy SEALs training requirements to learn the overall system to becoming a Navy SEAL. Students need to consider the following questions while watching the video:

- What types of situations do the Navy SEALs possibly face?
- What types of physical stress do the Navy SEALs possibly face?
- What types of mental stress do the Navy SEALs possibly face?
- How does the training prepare the Navy SEALs both physically and mentally? Give examples.

Instructor will discuss the physical screening test with the students as well as the other preliminary requirements to be considered for the Navy SEALs. Instructor will also explain the procedures for remaining lesson in addition to the activities for the rest of the week.

This activity will take approximately 20 minutes.



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## C. Independent Practice

After watching the video and listening to the instructor explain the physical requirements to becoming a Navy SEAL, students will predict their individual performances for each section of the screening test and record each prediction in their training performance journal.

- How long (in minutes) would it take you to swim 500 yards?
- How many push-ups can you do in two minutes?
- How many sit-ups can you do in two minutes?
- How many pull-ups can you do with unlimited time?
- How fast can you run 1.5 miles?

The instructor must point out that in the real event of performing the screening test, there is little rest between training sections, but for the purpose of the class, the training sections must be broken into different time frames.

This activity should take approximately 7-10 minutes.

## D. Practice

Students will pair up and on instruction, will do the push-up and sit-up screening tests. One student will perform the push-ups for two minutes, while the other student counts the number of push-ups completed. Then the two students will switch. The same procedure will occur for the sit-up portion of the screening tests. Both students will record their results in the performance journal.

After the students have recorded their results in the performance journal, students need to set an improvement goal for a final performance test in approximately 3 weeks.

Students also need to answer the following reflective question in their performance journal:

- What was the difference in your performance as opposed to the requirements to be a SEAL?
- What will it take for you to achieve that level of standard?
- Do you feel it is fair that females do not have the opportunity to become a SEAL? Why or why not?



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## E. Accommodations (Differentiated Instruction)

Students who have physical conditions that prevent them from doing specific exercises may perform them using appropriate modifications/adaptations

## F. Checking for Understanding

- Students will be asked to identify the requirements to be considered to be a Navy SEAL.
- Students will be asked to explain the physical screening requirements to becoming a Navy SEAL.
- Students will be asked to discuss the history behind the origination of the U.S. Navy SEALs.

## G. Closure

Careers Involved in U.S. Navy SEALs: <http://usnavy.com>

- Navigation
- Radar Tracking
- Office Administration
- Accountant
- Intelligence and Communication
- Telecommunication
- Information Technology
- Electronics
- Building and Construction
- Emergency Services
- Healthcare
- Food and Catering

## 10 Evaluation

Students will be evaluated on the completion of their performance journal. Students will not be evaluated on their actual performance of the test, but rather on the improvement achieved on each testing section from the pre-test to the final test which will take place in approximately 3 weeks.



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## 11 Teacher Reflection

----- To be completed by teacher following the lesson.

## 12 Resources & Media

----- The following resources are used in this lesson:

- Navy SEAL Lecture Notes
- U.S. Navy website  
<http://www.sealchallenge.navy.mil/seal/>
- Performance Journal
- Navy SEAL Training Rubric

### Internet Links

<http://www.youtube.com/watch?v=PjHsONJbE24>  
<http://science.howstuffworks.com/navy-seal.htm/printable>  
<http://www.asvabprogram.com/>  
<http://www.usnavy.com>  
<http://www.navyadvancement.com/development/navy-programs/navy-seals.php>

### Other Video Clips

#### BUD/S Part 1

<http://www.youtube.com/watch?v=3DeSylvCGIQ>

#### BUD/S Part 2

<http://www.youtube.com/watch?v=OKZuA7o1NIY&feature=channel>

#### BUD/S Part 3

<http://www.youtube.com/watch?v=2K56q4gZCSE&feature=channel>

#### BUD/S Part 4

<http://www.youtube.com/watch?v=MlegZ1nWWQ4&feature=channel>



## OVERALL SUBJECT

### A. Introduction

- Navy SEALs are an elite force within the U.S. Navy known for their ability to discreetly entering and exiting an area to gather intelligence, destroy targets, and perform rescues.
- Navy SEALs are a part of the U.S. Special Operations Forces, which consists of other elite forces within branches of the military.
- SEAL stands for sea, air, and land – the elements in which Navy Seals must be prepared to encounter situations.
- Categories of Missions – When SEALs are not deployed, they are constantly training to be prepared and learn new skills and techniques.
  - Unconventional Warfare - Using small, mobile combat groups that operate using “unorthodox” battle methods (also known as guerilla)
  - Foreign Internal Defense - Training given to foreign nations in order to build relationships with those nations
  - Direct Action - Moving against an enemy target
  - Counterterrorism – Includes direct action against terrorist operations, antiterrorist actions for prevent terrorist acts against citizens and troops
  - Special Reconnaissance – Includes conducting preliminary surveys to gather information through surveillance.

### B. General Training Information

- Training takes over 30 months for a Navy SEAL to be ready for deployment.
- Training prepares the SEAL to be able to perform duties in diving, combat swimming, navigation, demolition, and parachuting.
- The types of stresses the trainees endure during training are the same stresses they will endure while in active duty. SEAL instructors believe that if the trainee cannot endure the stresses when lives aren't on the line, chances are they will not be able to endure the stress when lives are on the line.
- Focus of the training is on teamwork because the line of work in which SEALs encounter must be performed by a team of men who have the same training and skills even if the team is composed of two men.



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## C. Requirements

- Must be an active-duty member of the U.S. Navy
- Must be a man
- Must be 28 years old or younger
- Must have good vision
- Must be a U.S. citizen
- Must pass the ASVAB
- Must pass the physical screening test: (These are the minimum requirements, not preferred)
  - Swim 500 yards in 12.5 minutes or less (followed by a 10-minutes rest)
  - Do 42 push-ups in under two minutes (followed by a 2-minute rest)
  - Do 50 sit-ups in under two minutes (followed by a 2-minute rest)
  - Do at least six pull-ups (followed by a 10-minute rest)
  - Run 1.5 miles (in boots and long pants) in less than 11.5 minutes

## D. SEAL Training – BUD/S (Basic Underwater Demolition/SEAL) (7 months)

- Indoctrination - Training session focusing on the expectations and ways of the Navy SEALs (5 weeks)
- Basic Conditioning - Training session focusing on the trainee's physical stamina of timed events such as running, swimming, calisthenics, and learning small-boat operations
  - 8 weeks
- Drown-proofing - Training exercise in which trainees must learn to swim with both their hands and feet bound.
  - Bob for 5 minutes
  - Float for 5 minutes
  - Swim 100 meters
  - Bob for 2 minutes
  - Do some forward and backward flips
  - Swim to the bottom of the pool and retrieve an object with their teeth
  - Return to the surface and bob five more times



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- Hell Week – Week 4 during Basic Conditioning
  - Students train for five days and five nights solid with a maximum number of four hours of sleep allowed
  - Extreme training element is critical for SEALs to operate efficiently on missions when conditions may be beyond their physical comfort zone.
- SCUBA – Self contained underwater breathing apparatus
  - 8 weeks
  - Combat swimming and diving in closed circuit SCUBA systems and underwater navigation
- Land Warfare - Training session involving intelligence-gathering and structured penetration, as well as long-range sniper attacks.
  - 9 weeks
  - Prepared to handle anything and are taught in small units tactics such as handling explosives, infiltrating enemy lines, and proper handling of prisoners.
- Other Training
  - Parachute Training – 3 weeks
  - SEAL Qualification Training – 15 weeks
  - Hospital Corpsmen – Additional 30 weeks
  - Special Reconnaissance and Direct Action



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## PREFORMANCE JOURNAL

Testing Session	Navy Seal Goal	Predicted Results	Actual Performance	Goal of Improvement	Actual Post-Test Results	Actual Improvement
Swim	Swim 500 yards in 12.5 minutes					
Push-Ups	Do 42 push-ups in 2 minutes					
Sit-ups	Do 50 Sit-ups in 2 minutes					
Pull-ups	Do at least 6 pull-ups					
Run	Run 1.5 miles (in boots and long pants) in less than 11.5 minutes					



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## NAVY SEAL PERFORMANCE RUBRIC

	Excellent-5pts	Good-3 pts	Poor-1pt
Goals	Student established realistic goals	Student establish some realistic goals	Student did not establish realistic goals
Plan	Student created an organized training program to establish goals	Student created a somewhat organized and thoughtful training program to establish goals	Student did a poor job of organizing a training program to establish goals
Improvement	Student improved performance 60-100 %	Student improved performance 20-58%	Student improved performance 1-19%
Performance Journal	Student completed performance journal	Student partially completed performance journal	Student failed to complete performance journal